



From the admin desk

Christmas is fast approaching and that means 2013 is just around the corner. The Masters Swimming National Championships are in most members' thoughts and their training programs already. Preparations are well underway and we need YOUR help. Yes, I'm talking to you, each individual member of Masters Swimming NSW (incl. ACT). I have sent many requests and almost begged, now I get down on bended knees and grovel. Please, please can you help?

- Four clubs to run one raffle on one day each.
- Beds for billets are requested.
- Volunteers for staffing at all levels are required.
- Sponsorship of cash or kind will help us get through.

The committee is working tirelessly with the big stuff, now the details need to be filled in. Has your club got trained officials? Training courses are available for timekeepers, Chief Timekeepers, etc. You know the drill. It will be a great experience for all involved but we need you to do more than swim, please take part and own the event!

On another note, there are great polo shirts and plush towels available now to purchase. They are resplendent with the 2013 Nats logo and you will see more of them on pool deck over the next few meets. Please check the

FOR SALE website for details. Also, have a look at Facebook and enter the event page.



How can we do things better?

Could clubs please respond to emails? Thank you. I know you're busy and this is one more straw on your back, you are wonderful volunteers and your club does appreciate it but I do need to get your responses on so many issues. I also just love hearing from you all. ☺ Thank you to all those clubs that participated in the online communication survey, your feedback was collated and provided great insight in how we can best relay information to you.

Also I'd like to remind swimmers to check the program of their next swim meet as soon as it's loaded on the Website. You need to confirm, for your own peace of mind, that your events and times are what you want entered.

It is time now to have discussions on your club fees for 2013 as the 12 month subs type will be sent to you by 1st December. While this is a job for club committees there are more and more clubs not responding to requests and I'd like all members to read the Monthly

News as it goes up on the Website each month. More hands make light work and you can ease the load on your President, Race Secretary and Registrar if you know what's being asked of them. This is also the time of year that forms will be sent out and it is requested that you FILL THEM IN! Even if the information doesn't change a quick email stating that would help tremendously. New files are created each year and many clubs are missing out if they do not update their details. Particularly the Club Committee Notification form, please try to fill in each position and print email addresses clearly. A database of positions such as Endurance Recorder, Coach and Safety Officer will ease the work load in the branch office and ensure efficient specific contact when required. But the detail is required from your end.

Lastly but importantly, have you ever considered being on the Board of Masters Swimming NSW? The AGM next May probably seems a long way off to nominate yourself or someone you know but now is the time to have some serious thoughts/discussions about what is involved and if/how you could contribute. There is an opportunity every month to attend a Board meeting (third Monday) and observe the workings of your representatives. It is not known if current members will renominate but succession planning must be considered and planned for. It may be that you could think about the issue now, for one or two years in the future. Again, now is a good time to train up and research, be educated for the role. Any past and current Board member will be happy to discuss this idea with you.

Some attributes may include:

An understanding of our organisational structure at club and Branch level.

Knowledge of our Constitution

Ability to analyse financial statements

Skills to work cooperatively towards our Strategic Goals

Willingness to contribute to the design and implementation of the Business Plan.

Food for thought?

SPLASH FORWARD...

November 04	Hills Long Distance
November 10	Novocastrian BPS
November 25 (SUN)	NSW Long Distance Long Course Championships
December 01	Raymond Terrace BPS
December 08	Wests Auburn BPS

2013

January 19	Central Coast – Gosford 30 th Anniversary
February 16	North Sydney BPS
February 23	Cessnock BPS

SPLASH BACK...

14th FINA World Masters Swimming Championships

Riccione Italy was the focus from June 10 to 16 where a number of swimmers from Australia participated. The New South Wales medal tally, thanks to Stuart Ellicott, was:

Jack Matheson from Shoalhaven	5 Gold
Paul Lemmon from Ettalong	2 Gold, 3 Silver, 3 Bronze
Pamela Nix from Nelson Bay	4 Gold, 1 Bronze
Jacquie Robinson from Coogee-Randwick	3 Silver
Tony Goodwin from Manly	3 Gold, 1 Bronze
Max Van Gelder from Warringah	1 Silver, 1 Bronze
Cathy Codling from Seaside Pirates	1 Gold
Stuart Ellicott from Hornsby	2 Silver
Anna Barnes from Picton	1 Bronze

PLACINGS:

SWIMMING

	Gold	Silver	Bronze	TOTAL
1. Italy	86	80	77	243
2. Germany	63	58	64	185
3. USA	50	39	39	128
5. Australia	26	23	11	60

Stuart's Tally: Gold 29, Silver 7, Bronze 14. Total 66 (incl. relays)

NSW: Gold 10, Silver 7, Bronze 4 (plus swimming for Victoria - 1. Tony Goodwin - Gold 3, Bronze 1 all individual plus 1 relay Bronze; 2. Bill Walker Bronze 1).



OPEN WATER

	Gold	Silver	Bronze	TOTAL
1. Italy	6	7	6	19
2. Australia	3	2	1	6
3. Germany	3	1	4	8

Stuart's Tally: NSW: Gold 2, Silver 1.

Congratulations to the medal winners and everyone who participated from NSW / ACT. What a wonderful display and commitment from our members who were lucky enough to attend.

Remember the National Championships in 2013 are in SYDNEY!



Congratulation to our recently accredited Officials:

Owen Sinden Chief Timekeeper

John Flood Timekeeper

Wendy Magnus Timekeeper

Russel McLeod Timekeeper

Thank you for volunteering your time and energy to these roles.

To all members-please consider getting trained up now before the National Championships.

Simply contact Di Partridge diane.partridge@bigpond.com

our Training Coordinator or take a look at the website under Programs/Officials' courses.

Here are some comments and pictures from Riccione.

Riccione – la dolce vita!



How much fun was Riccione! If I never get to another World Championship, this was a corker.

The crowds were incredible – nearly 10,000 competitors and so many young ones. Where are ours? The water entries unbelievable – 27,000 – next best was 2000 in Munich at 17,000. The 100m men’s free had 213 heats of 10; that’s almost the total attendees at Christchurch! Astonishing!

Australia punched far above its weight with 60 medals. But it’s not just the medals, it’s the atmosphere.

Add the weather, the ice cream, the hotel. Ahhhh! The Hotel Perla and Ernesto, the Manager. That is how to run a small hotel. He even translated for the doctor we had to have call on us on a motor scooter and he took us to the station when we left. How often has that happened to you?

The camaraderie and support was wonderful and Italy is just such an exciting place. I am so glad we all went. It was memorable to say the least.

Tony Goodwin



SWIMMER PROFILES

Natalie Clarence

Natalie has been a member of Ryde Masters since 1997. She first started swimming at age 3 and started Masters Swimming aged 22. Natalie has life memberships with Eastwood Epping Swimming Club and the North Ryde RSL Youth Club. In 2010 Natalie received a special award "In Recognition for Long Service to Ryde Masters Swimming". She met her husband, Nathan, in the club and they married in 2003.

Her first carnival was Nationals held at SOPAC. She was used to swimming amateur carnivals which finished at 5:00 pm and here she was swimming relays at 8:00 pm. Natalie started to wonder what she had got herself into. However, the atmosphere and friendliness of that Masters carnival saw her coming back for more.

Her greatest swimming achievements were the 1996 and 2000 Olympic Trials aged 20 and



24, in the 50m Breaststroke. This was followed in 2002 with her first international event at the World Masters Swimming Championships in Christchurch, placing 2nd, 3rd, 5th, 7th and 10th in the events she entered. In 2008 she competed in the World Masters Swimming Championships in Perth, only 13 months after having her first child, placing in the top ten in three events. Natalie currently holds three National and eight Branch

Individual Masters Records and two National and three Branch Masters Relay Records.

Even though Natalie has been swimming in competitions all her life she still suffers from nerves. In Christchurch she was so nervous before the 100m Breaststroke that she nearly didn't swim it, and after the race she ran to the warm up pool hyperventilating.

Natalie is now the proud mother of Alexander and Stephanie. She loves the atmosphere and friendliness of Masters Swimming, enabling her to meet many interesting people of all ages, who are all so encouraging and motivating.

John Amery

President, Ryde Masters Swimming Club

Jack Matheson

Article courtesy of South Coast Register (June 27 2012)

Undefeated Mathieson brings home the gold

JACK Mathieson was treated to a hero's welcome when he arrived for his morning coffee at Nowra's Cafe Continental on Tuesday morning. Fellow members of the Coffin Dodgers club, cafe staff and a large group of friends stood and applauded the 95-year-old local legend as he proudly displayed the five gold medals he won at the Fina Masters games in Riccione, Italy.

"Winning gold medals at the world championships has been something I started to think about way back in 1981," Jack said.

"Competing against the world's best has been the dream for a long time, when I moved up to the 95-99 age group that's what really motivated me to do it."

With the help of his family, and accompanied by his son Lindsay, Jack undertook a logistical exercise of military proportions to travel from Nowra to the seaside Italian city of Riccione for the 14th Fina masters games held earlier this month.

Treated like royalty on arrival, Jack's gold medal performances in the 50m, 100m and 200m breaststroke, followed by victories in the 100m and 200m backstroke, elevated him to rock star status before the games had even reached their mid-way point.

"It was a great feeling being awarded the medals and looking out to see a sea of Bomaderry Swimming School caps I had given away," Jack said.

Jack's efforts were big news in

Riccione and he even had his own fan club.

"Some of the staff and fans started a fan club, that was a lot of fun," he said.

Jack's five gold medals didn't make him immune to quick witted jibes from fellow Coffin Dodgers members John "Jock" Chapman and Ken Evans.

"He's the oldest of the group, he was the first to receive his OBE, over bloody 80," he laughed.

Ken and Jock agreed that winning five gold medals from five events was a fantastic achievement.

"He put in a massive effort with his training leading up the World Masters Championship and it's great to see him come home with the medals," Ken said.

"Goodness knows how many medals and trophies he now has in

the cabinet."

Posing for our back page photo, Cafe Continental's owner Christine Detter said everyone was proud of Jack's achievement.

"I don't think Nowra realises how lucky it is to have someone like Jack in the community," She said.

"To be off travelling the world, swimming and winning gold medals at a world championship event is an amazing achievement, he's a living legend."

Christine didn't think five gold medals would change Jack too much.

"He can be a cheeky bugger at times, and you have to watch him, he's a big character and we all love him, he's like family to us," she said.

Thanks to Chris @ Fairfax for the digital copy of the article.



Jack was, at one stage, a member of Cronulla-Sutherland. At that time he had a farming property south of Moruya. When Neil (my late husband) and I visited him, he told us that his property had one of the camels in the front paddock – he was minding them.

He and Jean rode the Birdsville Track on a tandem when they turned 80 – Neil was their support person (and he hated every minute of it).

Jack was invalided out of the army during WWII due to ill health, but has survived longer than most of his contemporaries. He was a pastry cook in his working days and used to bake delicacies for us to sample at the Shoalhaven carnivals – Cronulla-Sutherland was Shoalhaven's sister club.

Beryl Stenhouse

Cronulla Sutherland AUSSI Inc

Life Member, Masters Swimming NSW



COMMUNITY SPIRIT

AMAZING KNITTING FOR “WRAPS WITH LOVE”



What a response I had from our Masters Swimming knitters, who completed 184 squares!

Please keep in mind that it takes 28 squares to make one “Wrap with Love”. When I had put all the squares together, with Nerida’s help, we ended up with 6 complete wraps.

We both presented the wraps and the remaining squares to Jan Cave at the Springwood Aquatic Centre on Friday 3rd August. Jan is the “Wraps with Love” coordinator for the Blue Mountains area and she was more than happy to accept our lovely donation.

A special thank you to Shirley Claydon (Port Macquarie), Gloria Oldfield (Manly) and Liz Wallis (Phoenix) who knitted 40 squares. I was overwhelmed by everyone’s wonderful efforts.

(Photo: Kay Burton, Jan Cave Nerida Murray)

Kay Burton

Blue Mountains Phoenix Masters



NANCYE MITCHELL MEMORIAL MASTERS SWIMMING CARNIVAL

Nancye Mitchell was a champion swimmer. In her younger days, she was a national freestyle champion and might have represented Australia in the Olympic Games in 1940 if World War 2 hadn't intervened.

As a Masters swimmer, Nancye set many National and NSW records, but her proudest achievement was being a member of the Cronulla Sutherland relay team which broke the first ever World Record at the Sydney Olympic Park Aquatic Centre, Homebush, in 1995.

Nancye was a member of St Philips Anglican Church, Caringbah, and for many years was the Bush Church Aid Box Secretary, collecting the boxes twice a year, counting the donations and forwarding them to BCA. She was also a member of the BCA Auxiliary.

Nancye died in 2011 and the two Masters clubs of which she had been a member, Caringbah and Cronulla Sutherland, wanted to honour her memory in a tangible way. It was decided that the best way of doing this would be to hold a Masters swimming carnival to raise funds for the Bush Church Aid Society.

Thus we organised the "Nancye Mitchell Memorial Long Distance Carnival", which was held on 15th September, 2012. A Masters long distance carnival consists of swims of 400m, 800m and 1500m. Sanction was obtained from Masters Swimming NSW and the 50m heated outdoor pool at Caringbah Leisure Centre was booked for what turned out to be a sunny, cool afternoon. Entries were received from 11 Masters clubs and the swimming was enjoyed by all who participated. A National Record for 85-89 years 1500m freestyle was set by a swimmer from St George club who had coincidentally swum in the same age group as Nancye. Afterwards, a barbecue was enjoyed by the swimmers and officials.

During the afternoon, a display of memorabilia about Nancye's swimming achievements was set up so that those who didn't know her could learn something about her achievements.

Many of the swimmers, volunteers and officials also made donations on the day, as well as some members who could not be there, so that the total of funds raised was \$625. The two clubs decided to foot the bill for all the expenses associated with running the carnival so that all the entry fees and donations would go to BCA. One swim of note was Georgene McKenzie-Hicks 1500 M in a time of 37:52.47.

Beryl Stenhouse
Secretary, Cronulla Sutherland Masters Swimming Club.





EVENTS

Click here to submit your **event** listing

Ryde swimmers top the state pool

SWIMMING 4 JUL 12 @ 07:59AM BY STAFF WRITER

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Helen Rubin, Chris Lock, Wendje Magnus and Jamie Turner with Masters Swimming NSW awards.



Northern District Times on Facebook

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RYDE AUSSI Masters Swimming Club has been awarded the club of the year honour for the first time in its 30-year history.

Masters Swimming NSW presented a certificate to the club for achieving the highest points increase for all carnivals and championships throughout 2011.

Members Helen Rubin and Jenny Whiteley received awards for their performances in endurance events, while Jamie Turner was recognised for having swum one million metres.

Ryde AUSSI Masters Swimming Club encourages adults, regardless of ability, to swim regularly to promote fitness and improve their general health and well-being.

The club's success this year included a charity swim-athon at Macquarie University Pool, which raised more than \$2000 for Amnesty International. The club also hosted the branch carnival for more than 200 swimmers to celebrate its 30th anniversary.

The Ryde masters club meets on Mondays and Wednesdays at the Ryde Aquatic Leisure Centre.

For details contact Chris Lock on 0429 990 018 or go to rydeaussimasters.org.au/

Vale Perc Edwards and John McNamara



Dear **Perc Edwards** passed away on 31 October, after his morning swim. He was an outstanding volunteer official and member of MSWA for nearly 30 years, and also at Swimming WA for most of that time. He told his Claremont Club mates the night before of his wins at the recent Alice Spring Masters Games and was subsequently presented with the Claremont Groper of the month award. What a way to go.

The NSW swimming community said a fond goodbye to **John McNamara** on Monday 5 November. There were representatives from many walks of John's life including Masters Swimming, the Surf Lifesaving club from Toowoona Bay, Swimming NSW, the Entrance Swim Club and the Entrance High School where John had faithfully taught for 35 years. John often officiated for MSNSW when needed and liaised with SNSW when more technical officials were necessary. He was a strong character that encouraged many to get their hours up and qualify. He recognised the importance of training and qualifications.

Rugby Union-mad John will be missed by more than his adored wife Wendy and three beloved daughters, he leaves a gap in our swim community that will not be filled.

